

POLICE OFFICER PHYSICAL AGILITY TEST

The Physical Agility Test (PAT) consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a Daly City Police Officer.

The PAT is a demanding component of the testing process, therefore it is strongly suggested that you train to develop your strength and endurance in order to pass this section of the entry-level examination.

The Physical Agility Test consists of the following individually timed events:



- A. 99 yard obstacle course
- B. 32 foot body drag (165 lbs.)
- C. 6 foot chain link fence climb
- D. 6 foot solid wall climb
- E. 500 yard sprint
- F. 1.5 mile run (scored separately)

For best results, your current exercise program should be similar to the descriptions below.

- › **Aerobic conditioning:** 3-5 days per week, 20-60 minutes each day, continuous jogging on most days each week.
- › **Muscular strength/endurance:** 2-3 days per week, one set of 8-10 exercises including upper body, core, and legs, 8-20 repetitions per set.
- › **Flexibility:** static stretching, at least 2-3 days per week, preferably 5-7 days, 8-12 stretches each day, hold each stretch for 15-30 seconds and repeat each 2-4 times.
- › Continuous participation at the above-described levels for the last six months without injury.

If your exercise program does not meet these specifications, then you should consider taking a body conditioning, weight training, or jogging class as needed.